NIAGARA COLLEGE
of Applied Arts and Technology
RESOURCE

A child's view of Christmas

Although Christmas is celebrated in many ways by different people in different countries, most people will agree that Christmas is for children. What do children think of Christmas? This is what the students of Lloyd Rice Elementary School have to say about it all.

Honey Catherine DeJaeger

Honey Catherine DeJaeger, 5, grade 1: "I like bikes but I don't have one. My brother does but I might get one for Christmas. I saw Santa in the grocery buying food for reindeers. I have two puppies at home. One's white and one's black.

We're going to cut a tree down for Christmas. Then we make decora—tions and decorate the tree. We cut Santa Claus' out of paper and make popcorn strings.

We have duck for dinner and dad eats the beak. Mom eats the wings. I eat the meat. It's good."

Michael Thomas Cassidy, 5, kindergarten: "Like when Dad puts up the Christmas tree it falls down and I have to put it up. I'd like a G.I. Joe for Christmas. I like to put up lights. I go up the ladder and jump. I land on a net so I don't hurt myself. I saw Santa on the roof but he didn't see me.

I want something for Christmas but it's a secret. I'll get it and give it to my brother.

Peggy Ann Timmerman, 5, kindergarten: "I really want a doll that can eat and drink for Christmas. I saw Santa at home and he was sitting down and he gave us presents.

Wayne McInnis, 8, grade 3: "It's fun! It's so snowy out and I can play hockey on the pond and make snowmen. On Cristmas I like the gifts and games. I always miss Santa but I'll see him one of these days. I'll sneak up on him."

Leslie Riddell

Leslie Riddell, 7, grade 2: "I like it (Christmas) because it's the day Jesus was born and you get lots of candy and presents. We sing Christmas carols at the school concert and anybody can come like friends, strangers and people you haven't met yet.

Last year Santa came to the front and back doors. At the front his beard fell off and at the back I was in the bathtub. Last year I was up 'til 2:30 and I heard a noise. Santa was coming down the chimney.

On Christmas we have cake. One has a big cross and another cake has a manger and Jesus on it. Then we have a bit of turkey."

Kerri Lyn Gyugyei, 5, kindergarten: "Dad chops down a tree and we put decorations on it. I want an Easy Bake Oven because I like to make cakes and things. On Christmas we go out to friends and eat and go home and see Santa and Rudolph. Santa's in the livingroom and the reindeers stay outside."

Mary Ellen Kish, 5, grade 1: "I like dolls. I get a lot for Christmas. I like dogs and I have one called Rascal. He's brown and white. I saw Santa at the Christmas concert."

Loretta McCully, student teach—er, Brock Universtiy: "Kids are great! Because we're all kids when it comes to Christmas. As far as I'm concerned, this is the best time of the year. They have a lot of imagination and they're unspoiled."

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Who is that funny-looking fat person in the red suit?

By DOUG VOLLETT

In the north end of the Pen Centre Mall there is a thatched roof, open in the front with two exits. Giant cow bells hang from a tiny sled drawn by electric reindeers sitting on the roof; a white picket fence makes a passage-way for children to wait in. Christmas lights and trees, moving gingerbread men, parachuting elves, dump trucks and bulldozers with cargoes of candy cane, blink and move. They make up part of the "capture the very spirit of Christmas" program at the Pen.

On a throne inside the thatched roof sits Santa Claus.

A nine-year-old girl asked Santa for presents. Later she offered all of her presents back, forever - if her friend's baby brother, who had cancer, could live through another Christmas.

This request was made to Don Carr, a Kris Kringle in his fourth season at the Pen, and eight years before that in other places.

"I can't put it into words," he said, "Santa is something a person has to believe in."

If a child asks him "is there a real Santa." he replies, "Look in the mirror and you'll see Santa Claus."

Mr. Carr has five grandchildren. When he isn't Santa Claus he is a lead hand at Ferranti Packard, St. Catharines. He takes his vacation during Christmas so he can be Santa. He said he would not give it up.

"I like the people I'm working for and I like the kids," he said.

Besides the Pen, Mr. Carr is Santa Claus at Lingarden School, the retarded home in Welland and several children's hospitals.

Santa Claus and some friends. (Photo by Doug Vollett)

"The ones who count the most are the retarded kids," he said, "They're the ones who appreciate it the most.

"What do you say to a negro boy who asks, "Why isn't there a black Santa Claus?"

"Well you see there was a black Santa Claus," Mr. Carr answered. "He used to work in the south but he got interested in skiing and went north for a holiday. He got lost for three weeks and was frostbitten. You know what happened? He turned white."

The little boy ran to his parents saying, "I'm going to believe in Santa Claus no matter what."

Bruce Bennet, promotion director for the Pen Centre Merchants Association, says Mr. Carr is one of the best Santa Clauses in this part of the country.

"He doesn't care what he gets paid. If I didn't pay him anything he'd do it for nothing."

Mr. Bennett used to be a Santa himself.

"I got stuck with the job," he said. "To start off with I hated kids. I found I really started to like them.

"Some kids ask for everything under the sun but, most kids don't ask so much for themselves but ask for their parents or family.

"One kid didn't want anything but to make his brother well.

"Some of them are quite sad, like orphans asking for parents, or kids living in apartments asking for a house with a back yard."

One time a class of kindergarden children caught him by surprise. He got his stuff on in a hurry, gave them candy canes and talked to them. The kids sang jingle-bells and their teacher presented him with a folder of Santa Claus drawings.

Mr. Bennett told the Niagara News of the Christmas Bureau Gift boxes located throughout the Pen Centre. Their purpose is for every child in the Niagara Peninsula to have a happy Christmas. Some families can't afford to buy presents, he said.

People are invited to bring canned food, new clothing or an unwrapped toy.

EDITORIAL

Millions of dollars are being spent yearly across North America on evergreen trees—used as "Christmas trees." These trees are placed in water in homes where they are gaily decorated.

But what happens to all the trees that aren't sold? And what happens to these trees that are used for 10 days and are thrown out to rot?

The trees may be picked up, only to be taken to the dump. This is just done so the front yard won't look a mess.

Everyone, except businessmen, are screaming, "Put realism back into Christmas." This means, don't buy plastic tinsel trees that can be used for years and are stored in the attic.

On the other hand, manufacturers are telling us about the rising cost of paper and wood products. It seems to me the two ideas should be joined.

Why can't real trees be collected after Christmas from homes and lots, and be recycled into paper, chip wood, fuel or even fertilizer? There must be some use for all those trees. This way, realism would be brought back and costs might go down.

But, if you don't like paying six dollars for a tree that lasts 10 days and sheds prickly needles, or you don't like the idea of supporting unnecessary cutting of trees, I've got another suggestion.

Buy a potted tree from a landscaper, which may cost a lot, or go out and dig up your own. The idea behind this is to transplant the tree into the woods or your own yard when you are done with it.

You may not cherish the idea of digging through frozen snow-covered ground for a two-foot tree on your holidays. But which is more important, a little discomfort for you or helping to conserve Canada's wild life?

Carole Cooper

Letter to the editor

Dear Editor:

Re: Local Initiatives Program

For the second consecutive year all LIP project proposals to be identified with Niagara College (three for 1974-75) have been rejected. Without faulting the worthiness of those selected, questions about LIP guidelines must be asked.

For example, a large section of one of Niagara College's proposals would have been closely identified with the community and social service aspirations of the trade unions of the Niagara Region. It would have been the first LIP project in Canada to be conducted in association with the trade unions. Another section would advance an important project for women during International Women's Year (1975).

In the interests of all those who are concerned with the fairness of distribution of LIP grants—and of course political honesty—the Department of Manpower and Immigration should be asked to provide many more details about the guidelines for the LIP "competition" of 1975-76, and this information provided early enough to enable interested groups to prepare their submissions.

Eric W. Robinson
Chairman,
Institute of Labour and Labour-Management Studies and Community Education.

Inflation seminar held

A seminar on inflation and inflation-related problems was held in Hamilton Room Nov. 23 and the 100 participants from the Welland District Labour Party and New Democratic Party called for nationalization of petroleum and related industries and more equitable distribution of resources across the nation.

Dr. Eric Robinson, chairman of community education and institute of labour management studies at the college, acted as a resource person, helping initiate workshop discussions and helping reach agreements on their recommendations.

One recommendation is to start a housing bank that would make it easier to afford a house by loans at six per cent.

Some excitement occurred when the National Labour Party representatives entered and were eventually thrown out.

Dr. Robinson said the resolutions arrived at from the seminar will be forwarded to federal, provincial and municipal governments for deliberation.

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Spying through the looking glass....

"Alice in Wonderland"

By DOUG VOLLETT

Bright and simple music played while a duet sang the introduction. Finally the lights came up on Alice, playfully scolding a black kitten.

The Niagara College Theatre Centre's musical production of Alice in Wonderland, Dec. 5 to 14 - is almost faultless in every way: lighting, costume, sets, props and music. Everything essential to lavish and inspired stagecraft is packed into it.

A lively performance by Pat Galbraith, a child-like and sometimes bewildered Alice, electrified this stage adaptation of Lewis Carroll's work, before a small, but appreciative, opening night audience.

After a slow beginning, Alice goes through the looking glass into a magic fantasy land of strange animated creatures, chess pieces and playing cards.

In her adventures Alice grows tall, then very small. She floats on a river of her own tears, (cleverly created by special effects), wanders through strange lands and is the special guest at a tea party, a croquet match and a banquet.

The dialogue is fast paced as Alice matches puns and parody with the odd creatures.

In particular the Duchess, the Mad Hatter, the White Knight and the White Queen (Donald Oakes, Paul Joyal, Stephen Mitchell and Rhonny Green), were first-rate.

Alice looks up to the world. She is the idealized sickly sweet, cute little girl. Governed by adult creatures, she is taught, commanded and treated like a child.

In the final scenes she becomes a more independent, energetic and determined young lady who attains her goal and a crown on her head.

Masks, costumes and makeup combined to produce humorous and defined characters.

Theatre Arts students and staff did a fine job at co-ordinating 20 scene changes, 64 characters, props and sets. Scene changes were made quickly and fairly quietly.

Costumes were lavishly imaginative and brightly colored. The appliqued outfits for the King and Queen of Hearts were striking. The White Knight's armor appeared authentic. The Fish and Frog footmen were handsomely dressed in white tights, bright red 18th century jackets, ruffled shirts and feathered caps.

A piano, clarinet and percussion gave a pleasant accompaniment. The singing was good.

Alice's adventures in growing up are timeless. As a literary classic it deserves tasteful handling - and got it.

Decorate the lounge contest

The second annual 'Decorate the Lounge Contest' is underway. The contest was originated by Larry Anderson, a journalism student at the college last year.

The idea is to change the atmosphere of the lounges into one exhibiting the Christmas spirit. Decorations in the Simcoe building last year ranged from painted Christmas scenes to homemade decorations. Each of the three lounges had a Christmas tree; even the garbage cans were adorned with ornaments.

David Michener, an instructor at the college, has agreed to judge the contest again this year. Final judging will take place Dec. 13. Mr. Michener will make the presentation of the 'Decorate the Lounge Contest' grand prize—one jug of wine.

Bull

Pit...

Not to be outdone by the grandiose performance of the Great Pumpkin at Niagara College last month, another well-respected and highly paid speaker will visit the college soon.

The speaker will be Frosty the Snowman; the date is tentatively scheduled to coincide with the next major snowfall.

Purpose of the lecture is to enlighten students on the subject of love-making in the sub-zero Arctic.

In his new book, entitled Hot and Cold, Mr. Snowman wrote of the various positions of sensitivity awareness that one can obtain while stranded on an iceberg.

"It all corresponds to the yin-yang philosopy of life; that is, the system of opposites. Thus, you are hottest when you are coldest," he writes in his book.

The book also covers the newest rallying cry for the youth of today, "Frigid is Beautiful." He claims there is nothing wrong with being cold, as long as you direct what little heat you have in the right forms of sex.

"Nature is wonderful," he writes, "Male, female, animal or vegetable, what the hell's the difference. We are all both hot and cold."

ACME Refrigeration Co. Inc. Ltd. has agreed to provide free transportation to Mr. Snowman from his home in Kapuskasing to the college. In return, Mr. Snowman (who also runs a chain of discount ice stores) will wear an "I Love ACME" button at this and all future speaking engagements.

Mr. Snowman has only been out of the hospital for three days following a serious accident last week. Newspaper reports indicate that a lighted ash fell from his carrot and burned off his belly button. He is now in a state of total paralysis, but manages to keep up his lecture tour with the help of a polar bear who carries him around.

The talk should be of interest to everyone, although Mr. Snowman has personally received much criticism of late from a group know as the East Side Vigilantes.

Maybe we should all stay home tonight and pray for snow so Mr. Snowman can arrive soon and enlighten us. Mother says it's going to be a hot winter.

Bull Pit is an expression of individual opinion and does not necessarily reflect the views of the Niagara News.

Christmas

From a babe and basics to a financial fiasco

By JOHN DUECK

The first Christmas was plain, quiet, and peaceful. A little baby boy, Christ the Saviour, was born to a transient couple in the little town of Bethlehem. Though the angels made the greatest show of joy, only a few shepherds came to see the child.

Today Christmas has become a $35 billion business bonanza for the North American continent alone.

When stores close on Dec. 24, computers will start compiling a staggering list of merchandise sold.

Based on American figures, Canadians will have spent $5 billion to celebrate the Christmas holidays. Some 7,000 tons of Christmas cards and stamps, costing $50 million, will have reached their destination despite snow, sleet, and ice. New lights, ornaments, tinsel, and wrapping paper will add $15 million to the list.

Personal gifts, ranging from ballpoint pens to typewriters, and from jewels to mink coats, will cost the jolly Santa several billions of dollars.

The biggest single price tag - it will be a $300 million bill for liquor consumed over the holidays. Accidents caused by this price tag will complete the cycle.

While the brilliant lights of Christmas are still burning brightly into the night, 5 million Christmas trees from a $15 million tree cut-off will start piling up beside garbage cans near the sidewalk, or lie prostrate in the ditch.

Most gifts will go to persons who have everything. The Prince of Glory, in whose honor these billions are spent, will get very little from this gigantic pay-out. Christian charitable organizations report a yearly low in contributions at a time when everybody is buying gifts for people who only need a restful holiday.

Not all millions spent at Christmas are a loss. The majority of gifts will be used; undesirable ones may be exchanged. An empty purse is not really a tragic loss. Dollars can be replaced.

Real tragedy will set in when the telephone will ring in hundreds of homes: "There has been an accident at ...Will you come to the hospital please."

Nothing in the world will replace that person missing at the table on Christmas morning.

Tight financing for Niagara college

Niagara College may be in a tight financial squeeze next year under the latest provincial financing proposals which could force an enrolment freeze newt year and the phasing out of some programs the following year, A.S. Manera, college president, says.

Mr. Manera was commenting on proposals made to the Ontario legislature Nov. 18 by James Auld, minister of colleges and universities. Outlining the government's financial proposals for the year 1974-75, the statement stipulated that there would be no increase in tuition fees and proposed an increase in operating support to the colleges of applied arts and technology of 15.4 per cent from $173 million to $200 million.

It also listed three optional methods of financing colleges and universities, one of which could abolish the present formula system and replace it with a flat increase.

Mr. Manera said Niagara College did not yet know exactly what funds it would receive from the province next year, but estimated them at about $6 million, "a major part" of the college's $10 million budget.

In addition, the college has two other major sources of funds: nursing education and retraining. These are not based on the same grant system as formula financing, but are primarily based on a submission the college makes to the government, a line budget. Mr. Manera said student fees did not constitute an addition to the budget, because they are subtracted from the formula grant.

Even a 15 per cent increase would be "really inadequate" to offset inflationary trends, he said.

The government statement did not specify whether the increase was based on an expected increase in enrolment.

"If it is intended that the 15 per cent apply without any increase in enrolment, it wouldn't be too bad from a financial sense, but it would mean we'd have to freeze enrolment," Mr. Manera said. "We obviously don't want to do that."

Mr. Manera said Option I which would increase the formula grant per student 5.5 per cent to $2,063 could mean a deficit budget for Niagara of about $500,000 next year, and for the following year "probably means the phasing out of many programs now offered whose enrolment is not too large." He said the college could "weather" a half a million dollar deficit for one year; difficulties would come up the

(See "Tight" Pg. 8)

Paddy Portelance, Shelley Ward, and Ed Klein, Three winners of the midnight auction, display prizes they won at Las Vegas night,sponsored by the Ski Club. (Photo by Doug Caldwell)

Inside Niagara

Brock petitions for better loans

A committee at Brock University, formed to voice demands for increased student loans, is circulating a petition for those who agree with their objectives to sign.

The Ad Hoc Committee to Improve OSAP has four major demands:

$15 a week added to the living allowance in the form of a grant.

all students be treated as independent (no parental or spouse contribution expected)

loan portion lowered to $600 from $800

subsidized interest rates so students pay a maximum of 6 per cent, calculated one year after the student leaves school

The committee decided to circulate a petition of these demands at a meeting held at Brock last month. About 100 students attended. The committee hopes to get at least 1,300 signatures from Brock students.

Members hope these petitions will spread to other colleges and universities in Ontario, possibly getting up to 20,000 signatures.

Christmas decorations bought vs homemade

Students buying Christmas decorations for the first time this year may be surprised by their cost.

Artificial trees, holly, wreaths and ornaments have replaced the home-made decorations of years ago. Although the initial cost of Christmas decorations would be an investment, students spending their first Christmas on their own may find they cannot afford all the man-made luxuries.

By making decorations for tree and home, a person can save two-thirds of the price.

Purchased Tree, Ornaments

6' Scotch pine	12.00
garlands, 25' x 3'	1.30
electric star tree top	3.00
icicles	.70
spray snow	.80
bulbs for tree	4.00
15 indoor tree lights	3.40
tree stand	3.60
total	$28.80

Purchased Home decorations

25 outdoor lights set	$ 7.44
wreath	5.00
9 foil garland	.77
wrapping paper	1.77
ribbon	1.10
total	$16.08

Total cost of manufactured tree, ornaments and home decorations $44.88

Christmas, gift-giving, and mistletoe join together to make the happiest season of the year. But don't let the cost dampen the festive spirit.

With a little ingenuity, nimble fingers, scraps of material and a few dollars can easily create an inexpensive do-it-yourself Christmas.

The Christmas tree is the most costly item. If it is not possible to locate and cut down a tree, one can be purchased from a tree farm or vendor for about $5. An artificial tree costs approximately $12.

A stand for the tree could be made with a bucket covered in tinfoil or colored tissue paper. Place the tree in the bucket with a number of rocks for support and fill it with water.

A set of 20 miniature twinkling lights cost about $1.77 and icicles are about 70 cents. This should be the only manufactured ornaments.

Popcorn balls with jujubes or gum drops can be hung as ornaments. They can be hung on the tree by inserting a needle and thread through the bottom, bringing it up through the top of the ball, making it ready for the tree.

Homemade, decorated cookies in the shape of bells or a Sanata Claus can be hung on the tree if a hole is made before baking.

Candy canes and lollipops are inexpensive and look great on the Christmas tree. Silver sprayed pine cones make glittery decorations and are inexpensive. The only expenditure is the cost of the spray paint.

Garlands of popcorn mingled with cranberries or gum drops can be strung around the tree, or anywhere in the house. Candies wrapped in brightly colored paper can be strung together and also used as garland.

(see "Christmas" Pg. 8)

Niagara LIP projects are rejected again

All three Niagara College Local Initiative Program projects have been turned down—the second successive year all proposals have been rejected—and one Niagara College chairman criticizes LIP guidelines as "not exact enough."

"All requirements were met with great care and we were still turned down for a second year in a row," Said E.W. Robinson, chairman of the Institute of Labour and Labour-Management Studies and community education.

"If there's going to be cutthroat competition—a jungle— why don't they give us more exact guidelines?" Mr. Robinson asked.

The three programs proposed by Niagara were:

a community development project—a course to reach people not served by the community colleges which would have involved trade unionists as well as other.

a course strictly for women—concerning women's problems and needs requiring more research.

a project for international women's year—a conference planned for May to discuss special activities for women of the community.

Mr. Robinson stressed that he was not criticizing any of the projects which did receive grants, but great care had been taken to meet LIP requirements. "I felt the college had good programs planned for the '75 year to be financed under the LIP program."

LIP programs are approved by a group of appointed men who have remained anonymous and unavailable for questioning as to their decisions, he added.

Though Welland is a well developed union area, no LIP grants have yet been made here for union needs, Mr. Robinson said.

The guidelines for qualifying for a LIP grant are set down on paper, but they are not clear enough, he said.

"We specifically strove to meet all the requested requirements and were still turned down."

LIP grants approved for the Welland area this year include: a United Church project, a project for the Canadian Mental Health Association, a creative community awareness project, a project for the Welland and district Separate School Board, an extension care unit for the Welland hospital, and a project for the Welland district Association for the Retarded.

ESTABLISH LIBRARIES

Public libraries were established by the Ontario Free Libraries Act of 1882. There are about 320 libraries in Ontario, about a third of all those in Canada. Ontario's libraries own more than 8,400,000 volumes.

Anti porno gets 'Inc.'

Conflict of two library technician students who refused to sell "pornographic" books at the Book Fair because of religious beliefs, is not over yet.

Chuck Mullin, who did not participate in the Book Fair at all, will get an Incomplete in Circulation Procedures, and because of it he is barred from field practice in local libraries as well. While other students will go on two-week field practice assignments, Chuck said he"might hang around the college or stay home."

R.J. Bowman, library technician program co-ordinator, said the program calls for the completion of one assignment before students can go on to the next.

"We send students on field practice only if they have successfully completed every assignment," Mr. Bowman said. "If students get an Incomplete on circulation, they may not go on field practice, and will get an additional Incomplete there."

English instructor wins St. Kitts council seat

Michael Collins, Niagara College English instructor was successful in his bid for an aldermanic seat on St. Catharines city council, Dec. 2.

On early returns, he said, "I was concerned at the fact that it could have gone either way." "I didn't know until three hours after the polls closed that I was in."

He has priorities for his ward, Merritton.

"One problem is the traffic in the Hartzel Road area and the Pen Centre area."

Another is the restoration of the old canal area for parkland.

Mr. Collins takes office the first Monday in January and until then, "I'm going to study up on all the major issues that are going to come up in the next six months." He feels these are the question of a new library, a proposed civic centre, downtown parking and more improvement to the transit system.

"These are issues that are going to be hotly debated and involve a lot of the taxpayers' money. I want to go into the meetings well versed on the proposals before I'm asked to vote.

"The mayor has invited us to the December council meetings to learn the procedure to be effective representatives."

This was the second time Mr. Collins ran for the council. The first time, two years ago, he was unsuccessful.

"This time I listened to people and learned that there are a lot of things bothering them on their street or in their neighborhood which they expect their alderman to assist them with."

"I'd like to make a good contribution to the people in Merritton ward and it might take two years or it might involve a second term."

Origins of Canadian Christmas Festivities

Christmas Trees

The green Christmas tree can still be seen in every household, whether it be real or artificial.

A legend says Martin Luther invented the Christmas tree habit. It says Martin saw countless stars shining through tree branches one night so he set up a tree with candles in the house so his children could see what he had seen in the forest.

Christmas trees are also associated with the legend of St. Boniface who interrupted a Druid sacrifice and stole the thunder oak of Thor and put in its place a little fir tree.

Tree decorations used to be fruits, nuts, gingerbread, paper roses and paper images of the Christ Child. Food was left on the tree until it was time to take the tree down - the food became a treat for the children.

It is a historical fact that trees were a familiar decoration in Alsace by 1605. They were decorated with paper roses, apples, wafers, gold foil and candy.

German settlers and Hessian soldiers brought the Christmas tree to America and Britain a century later. When Queen Victoria married German Prince Albert, the prince :pt up the German tradition.

In the U.S. popcorn and cranberry strings, paper chains and paper stars were also used.

Today, ornaments are a reminder of centuries ago. Horns and bells were to scare off evil spirits: angels and peacocks originated in Poland , and stars and snowflakes began in Denmark.

Dinner

One of the few Christmas traditions which has survived the years is the Christmas dinner or feast.

Traditional birds were geese or capons but today we eat turkey and cranberry sauce.

The Christmas pudding which appears on many Christmas tables began as "fummenty"—a semi-liquid spiced porridge from hulled wheat, boiled in milk with meat and fruit added.

At the end of the 17th century, the meat was left out, except for the suet and it had to be boiled in cloth or a covered mold which made it stiffer. Before serving a few silver coins or lucky charms were pushed into the pudding.

Candles

Candles are lighted Christmas Eve and they burn to sunrise or an hour before morning service bringing good luck.

An old legend is that during Sweden's famine Lucia appeared on the darkest night of the year, Dec. 13, bringing lights and a shipload of food.

Now, all over Sweden, a Lucia Luen, often the youngest daughter, is dressed in white, wearing a crown of candles.

She visits every member of the family in the early morning bearing coffee and "Lucia rolls".

Santa Claus

Santa Claus, that jolly fat man in red who flies through the air Christmas eve leaving gifts at all the houses, stems from gods of different religions.

In North America, Santa Claus or St. Nick, was the bishop of Myra in the fourth century. His feast was Dec. 6 and some countries still exchange gifts on that day.

Presents are given on the Twelfth Night in Italy by a witch—like woman called Befana.

In Spain and southern France, the three kings take the father Christmas role on the Twelfth Night which is the festival commemorating their original visit to Bethlehem.

Santa Claus is also believed to be descendant of the Norse god Oden to whom children were sacrificed and his appearance is closely linked with the mid—winter festivals.

Surplus goods for sale at Welland Vale Centre

A total of 78 pieces of equipment previously used by the School of Retraining are being sold to the general public through bidding.

The items previously used by the students for practical learning experiences are now "obsolete or worn out, or both,"J.L. Brandy chairman of the technical division at Welland Vale said.

The 78 items include 18 pieces of audio visual equipment, two offset presses, 20 items of electronic laboratory equipment and 36 oxy-acetylene welding torches and oxygen line regulators. Cassette recorders, colored tv's, video tape recorders and record players are also included.

Interested persons must bid on the articles. They can be inspected prior to submitting the offer by contacting Mr. Brandy.

Pamphlets describing each piece of equipment, including the original price and year of purchase, can be picked up at Welland Vale. A number of items have reserved bids applied to them.

Prospective buyers must submit their bids on special forms provided before Dec. 26 at 5 p.m.

"I'm a loser" losses amount to $18,000

The Beatle's song, "I'm a Loser", is more than a tune to Hetty van Houten.

Hetty, a first-year radio and television, was a big loser at Las Vegas Night sponsored by the Ski Club on Nov. 26.

"I'm really the all-time loser", Hetty said.

She spent $1 (real money) and received $10,000 (playing money). Hetty said that during the course of the evening she won some then lost. The pattern continued until she estimated her losses amounted to $18,000. The Crown and Anchor game took most of her money.

Hetty didn't feel too bad after losing all that money. "It really didn't cost me anything," she said, "I bummed the dollar."

175 gamble for fun and games at Vegas night

A free trip to Montreal, 41 prizes and six bottles of whiskey were won by lucky people attending Las Vegas Night on Tuesday, Nov. 25.

Held in the cafeteria, Las Vegas Night was sponsored by the Ski Club. Mike Gulas, club president, said approximately 175 people attended.

Mr. Gulas organized the night and said the purpose of it was to raise money for the Ski Club's trip on Jan.9 to Mount Garceau ski resort near Montreal. Fifty dollars of the night's profit's were donated to the Salvation Army.

Table-pounding, cheering gamblers used "fake" money to place their bets on the 15 games of chance and fortune. One dollar purchased $10,000 of fake bills which were not refundable but used at the end of the night for auctioning.

Amidst cheers and squeals Mr. Gulas conducted the raffles for six 26-ounce bottles of whiskey. The winners were given the bottles when they left.

The auction was held at midnight for 41 prizes. The prizes varied from Henke ski boots and Scott ski poles to a Hanimex pocket camera and Air Canada flight bags.

Roddy Portelance, third-year Hotel and Food, paid $91,000 for a pair of snowshoes. The Hanimex camera was purchased for $65,000 by Ed Klein, first-year Business Administration, and the ski poles were bought by Shelley Ward, first-year Interior Design, for $55,000.

The winner of the door prize was Don Julian, second-year Instrumentation, who won a free trip to Montreal.

Mr. Julian said, "I'm pretty excited and I don't even know the date of the trip. I don't know how to ski but I'm going to learn."

Mr. Gulas said the Student Administrative Council (SAC) helped with the $1,567 cost of the night by paying for the beer and cups. SAC was reimbursed by the club.

Mr. Gulas said the net profit for the night was $160.

One hundred and twenty people are going on the ski trip; there are still 25 seats available on the bus.

Control weight

A weight control program offered by counselling services has not been received with great enthusiasm by students during the first term.

"Student response to the weight control program has not been very great," Bruce Tallon, counsellor and instructor of the program, said. "The bulk of our participants are actually staff members."

The program is offered on an individual basis by Mr. Tallon, Marian Kerr of Health Services, and counsellor Peter Rylander. In the program, biorythms are used, which chart physical, emotional, and intellectual highs and lows of the participants.

Student response is usually greater in the second term when individuals notice their bulging waistlines after the holidays, Mr. Tallon said.

A mirror or Dr. G.J. Alexander, college physician, might help students make the decision to enrol in the program, Mr. Tallon said.

"I am not aware how many overweight students are at the college," Mr. Tallon said, "but I would like anyone to estimate the number fairly and let me know."

An awareness training group program, emphasizing human relations, relaxation, and meditative exercises, will be conducted on the weekend of Jan. 31 and Feb. 1—2. The program is open to all students.

XMAS TREES FOR SALE

ST. CATHARINES—Students at Welland Vale are selling Christmas trees on the school parking lot Dec. 16, 17 and 18. Proceeds are to offset costs of a student Christmas party.

Season's Greetings

To all faculty, staff and students from The Board of Governors and The President

MERRY CHRISTMAS

To All

Faculty, Staff and Students

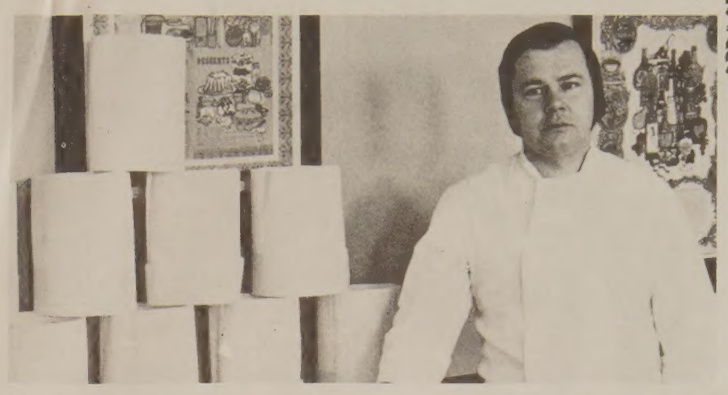
From

THE SCHOOL OF APPLIED ARTS

and

Dean, I.J. Giancarlo

Ship's cook-$1,200 monthly



Ship's Cook instructor, John Potrz (Photo by John Dueck)

By JANINA SZCZEPANOSKI

A ship's cook can save almost all of his $1,200 a month wage and only has to work about nine-and-a-half months a year. Interested?

The program offered by Welland Vale School of Retraining, St. Catharines, begins in January. Three separate courses beginning with the fundamentals of a ship's galley and concluding with the third more advance course of kitchen management are offered.

John Potrz, program co-ordinator of food management at Welland Vale, explained students enter one of the three, 10-week courses according to his "previous knowledge. We don't waste time" having them learn things they already know. Each student progresses at his own rate. One student completed the three 10-week courses in only 10 weeks, but this is an exception, Mr. Potrz said.

The first course, Food Preparation Fundamentals, is geared to those who have never been in a ship's galley before. Basics, such as safety and hygiene, and kitchen tools are taught before "we let them loose in a kitchen."

The intermediate course, Upgrading for a Ship's Cook, is designed for those with knowledge of cooking and baking. "When they come in to the course all of them think they are great cooks but some don't know how to cut an onion properly," Mr. Potrz said. Upon completion they will qualify as a ship's second cook.

The final course is Advanced Upgrading for a Ship's Cook. Here he improves his present skills and learns more about the business of running a kitchen. Stock rotation, inventory control and cost and portion control will give him the necessary background to qualify as a ship's cook. A first cook rarely does any cooking.

The program, beginning its third year this January, works closely with shipping companies. Shipping companies had a problem with food costs that were "sky high". Mr. Potrz said this stems from the fact that the "cooks weren't trained properly." Previously it was the custom to throw the left-overs and all other garbage overboard. Only "good cooks know how to use left-overs; anyone can prepare a meal from scratch."

The program taught at Welland Vale works closely with the shipping companies. They meet periodically with the commissary head of the ships and discuss what will be taught.

A different method of measuring had to be used for the ship's cooks. Originally they were taught to measure with weight scales but it would be difficult with four-foot waves crashing against the boat. They changed to measuring cups instead.

The most a cook will ever have to cook for is 32 men but it is a continuous feeding process because of shift work. "Someone will want bacon and eggs at midnight" and someone else may just want a sandwich.

About 50 percent of those taking the courses are women. Husband and wife teams on the ships are quite common. Last year the school received 120 requests for ships' cooks but there were only 20 graduates from the program.

"Not everyone likes this kind of work," said Mr. Potrz. "They have a good union," minimal living expenses, and free meals, and "considering the cost of groceries these days" it isn't bad Mr. Potrz said.

Niagara left in the dark

Niagara College experienced its second blackout this year when the worst snow storm of the season hit and snow began piling up.

Albert Costello, heating and maintenance engineer, said the power failure on the morning of Dec. 2 came from the outside supply line. It affected all buildings on campus and parts of Welland.

Campus buildings are equipped with stand—by direct current generators to supply emergency light in case of power failure. On that Monday morning, the switch on the DC generator for the Simcoe and Voyageur buildings was accidentally turned off.

Total darkness in the practically windowless buildings lasted for about 10 minutes. After half an hour full lighting was restored.

Happy Holiday

School of Applied Science & Technology

Kissing under the mistletoe

The custom of gathering holly and mistletoe for the Christmas celebrations dates back to the ancient Druids.

The Druids believed the holly remained green to keep the world beautiful when their sacred oak tree lost its leaves.

There are two kinds of holly, prickly and smooth. If the prickly one finds its way into a home it means the husband will rule but if the smooth one is used, the wife will rule.

Kissing under the mistletoe began with the goddess of love, Frigga. The Norsemen held the mistletoe sacred to Frigga, also mother of the sun god, Balder.

Balder had alarmed his mother by dreaming of death so she went to air, fire, water, earth and every plant and animal except the parasite of the oak and apple trees—mistletoe.

Loki, god of evil, made an arrowtip of the mistletoe and had Hoder, the blind God on winter, kill Balder. Then there was no more light. Frigga brought her son back to life but her happy tears turned into mistletoe berries and, in joy, she kissed all passersby beneath the tree on which the mistletoe grew. She vowed this plant should do no more harm and anyone under it would receive a love token—a kiss.

The Druids believed mistletoe should never touch the ground. In late winter, this plant has yellow flowers which the Druids believed was where the sun go its light. Therefore, the plant held the life of their sacred oak.

$3,500 prize for design

By VICKY SCHMIDT

Canadian citizens have an opportunity to win $3,500 in a nationwide design competition for the fifth series of Olympic coins.

Four finalists in the comptition will receive $1,500 each with the winner receiving an additional $2,000.

The contest is designed to express belief in the Olympic ideal, "a competitive yet friendly spirit."

The competition will include four designs, two for a $5 coin and two for a $10 coin. The designs must reflect characteristics of Olympic water sports events.

When the Olympic Games open in Montreal in July, the Olympic coin program will have issued seven series of sterling silver coins in honor of the first time this international event has been held on Canadian soil.

The first Olympic coin was issued in 480 BC to commemorate the chariot race victory of Anaxilas, King of Messina in Sicily.

"Few of us can claim the athletic skills required to break world records, but many of us can attempt to illustrate these feats," said Bryce Mackasey, Postmaster General of Canada.

The main objective of the coin competition is to increase involvement in the Olympic Games to non-athletic activities. This will make the Olympics more widespread and diversified.

Five famous Canadian artist will select the winning entry. They are from Toronto, Nova Scotia, Quebec, Alberta and British Columbia.

Entries will be judged on aesthetic appeal and technical feasibility. Deadline for entries was Nov. 30 and judging will be announced sometime in early January.

Superstition says Fri. 13 ill-omened

Friday was named after the Germanic goddess, Frija, wife of Wodan. It was considered particularly unlucky for Christians, being the day on which Christ was crucified. It has been the custom of Christians not to eat meat on Fridays and was traditionally a day of fasting and gloom. It is lucky, however, for those born on Friday, for "Friday's child is loving and giving."

"Black Friday" is a term used for any Friday on which things go wrong but it originally referred to May 10, 1886, when a severe financial panic occurred in London. An earlier Black Friday was Dec. 6, 1745, when London heard the news that the Young Pretender and his army had reached Derby in the invasion of England. It was supposedly a Friday on which Adam and Eve ate the forbidden fruit.

It is recommended that on Friday you do not start a new job, call in a doctor, move into a new house, turn a mattress on a bed or, if you are a criminal, come up for sentencing. In Ireland it is a good day to die on providing you are buried on the Saturday and prayed for on Sunday.

In early pagan tradition Friday was the day of the love goddess.

The number 13 has always been considered unlucky and if 13 falls on a Friday it is supposed to be doubly unlucky.

Many hotels do not have a thirteenth floor and some people number houses 12½ to avoid having a house numbered 13.

This month the thirteenth falls on a Friday which may not be your lucky day if you happen to be superstitious.

Friday and 13 have been considered ill-omened by people throughout history.

Never have a dinner party with 13 people, superstition says, because either the first or last person to rise from the table will die or suffer some misfortune before the end of the year. It is considered bad luck for 13 people to be in a room at the same time especially the person nearest the door. In London if the numbers on a bus ticket add to 13 it is thought to bring bad luck. Do not begin any new undertaking on the thirteenth.

Reasons for ideas that 13 is unlucky are obscure. It might stem from the fact that 13 sat down to the Last Supper and the first person to rise from the table was Judas, who betrayed Christ.

Romans associated 13 with death and misfortune.

In early Christian numerology, 13 meant the number of sins because it went beyond the 12 apostles. Twelve is a round number, there are 12 months in a year, and two sets of 12 hours in a day. Thirteen was also the number of necromancy, which was when the dead were brought back to life temporarily.

Thirteen is also the traditional number for a coven, the thirteenth person is the devil or leader. A baker's dozen really means the "devil's dozen" which came from "Boucca's dozen," Boucca being the old Cornish name for a god or spirit. The number 13 Tarot card means death.

FOOD UP AGAIN

HAMILTON — Food prices in Canada will rise 15 per cent during 1975, Thomas Bolton, president of Dominion Stores Ltd., told an economic forum here. And it would take good management and favorable weather to keep prices from rising more than this.

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at Tim's

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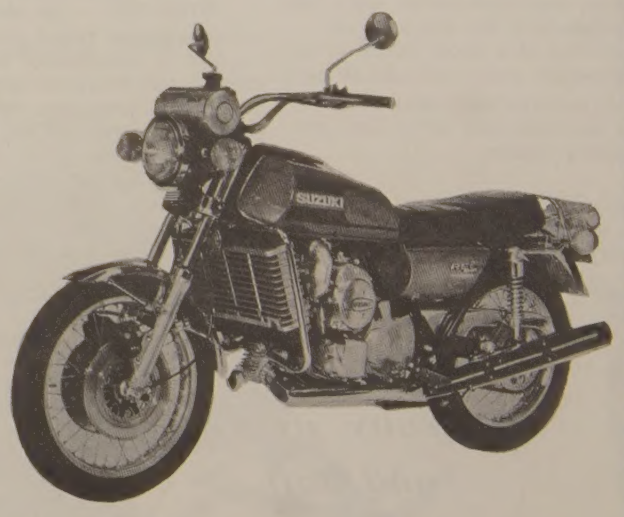

TIM'S SPORT CYCLES

ST. CATHARINES

RETAIL SALES TAX

To pay or not to pay?

By JOHN DUECK

A seminar on when and when not to charge provincial sales tax was sponsored and conducted by Niagara College's School of Business (extension) Nov. 28 at the Parkway Inn at St. Catharines.

Three representatives of the Ontario Retail Sales Tax Department lectured and answered questions from 65 registrants at the seminar.

"Regulations of retail sales tax are complicated," Gerald Chaston, chief tax specialist at headquarters in Toronto, said. "That's why clerks at the counter sometimes are uncertain, and then charge sales tax just to be sure."

The simplified Retail Sales Tax Act contains over 300 pages of definitions and regulations.

The idea of collecting "sales tax" goes back to the time of New France, when every trapper had to pay with one pelt a year, "and the consumer has been skinned ever since," Mr. Chaston said.

Ontario retail sales tax brought a revenue of $176 million in the first year of operation in 1962. In 1973 it rose to $1.6 billion, an increase of 900 per cent. The cost of collecting sales tax is 66 cents for $100 collected.

Not all merchandise is taxable, so a line has to be drawn somewhere.

"This line turns out to be bewildering to some shoppers," James Forsyth, district audit supervisor of the Hamilton branch, said. "Some are up in arms when they find out that salted peanuts are tax-free, and chocolate-coated peanuts are not."

The reason for this distinction is that food products for human consumption are tax-free, but candies and confections are not. If the two go together, the peanuts are taxed in the government's favor, Mr. Forsyth said.

There is a way to beat sales tax by simply tightening the belt. A prepared meal under $4 is tax-free, but a $4.01 meal costs an additional 40 cents in taxes at 10 per cent.

Mr. Forsyth warned consumers to watch out when dining with a gluttonous person.

"If you eat with a friend with separate orders but one bill, and your cost is $2 and your friends is $5, both of you will be taxed." Customers should advise the waitress to make the $7 bill on a shared-meal-shared-costs basis or separate bills, Mr. Forsyth said.

Staying at a hotel, motel, or in amusement places will add 10 per cent tax to the bill. To beat the sales tax one must stay more than four weeks at a place.

Beer got the worst punishment of all merchandise in the province. Everything under 21 cents is tax-free except draft beer. To beat the tax on small items, "buy one chocolate bar at a time," Mr. Forsyth said.

The best way to beat sales tax altogether seems to be living on an Indian reserve and have everything delivered to the door step.

"There is no sales tax on goods delivered to an Indian reserve," Mr. Chaston said.

What should a consumer do if she is charged tax on a tax-free item? The first step is to notify the local sales tax office, Mr. Chaston advised. If it is a delicate decision, it will go from there to Mr. Chaston, then perhaps to the assistant director, director, deputy minister, and finally to the minister of revenue.

Mr. Chaston said recently a woman complained she was charged four cents on a non-taxable item. She got her money back at a cost of a $500 investigation by the sales tax department.

If money is not returned, a person may send in notice of appeal at a cost of $400 to him to start with, Mr. Chaston said.

In industry, complications are even greater because not all industries call a part or a tool by the same name. A slight difference in shaping bulk items will make them either tax-free or taxable.

A roll of sandpaper, for example, cut in pieces at 90 degree angles is tax-free but one cut at 85 degree angles is taxable.

Industry representatives repeatedly asked questions why almost everything in industry is taxable.

"Federal tax is on merchandise," Mr. Chaston explained. "We tax the consumer. I sympathize with you, but we still have to collect taxes."

For unjustified complaints the seminar leaders had prepared statements: "that's what the regulations say," or "that's what the definition says," and "it's our policy."

What are industry and consumers to do when taxes get unbearable, exceed the price of merchandise, and the tax collectors take the last shirt off a person's back?

Mr. Chaston offered a solution to the problem by quoting a Latin wall poster, which translated into English, he said, means, "Don't let the bastards grind you down. "

TOO MUCH PRESSURE

TORONTO — An elementary school principal links a rise in the number of emotionally disturbed children between kindergarten and Grade 1 to pressures exerted by Grade 1 teachers. The greatest pressure comes from starting formal training too early, says the study by J. Graham Ducker, a principal with the Fort Francis-Rainy River board of education.

Registrants at the seminar figuring out ways to pay correct sales tax. (Photo by John Dueck)

Saw Niagara grow from hayfield to three centres

By SHEILA MACMASTER

Ivan Buchanan, retiring from Niagara's Board of Governors after eight years, feels the changes to the college have been "fantastic". Mr. Buchanan has been on the board from November, 1966. Through that period the college "has moved from a hayfield to this fine outstanding educational building. That really describes the whole change," he said.

The college started with no students and one employee, Mr. Buchanan recalled. The first board meetings were held in an office in downtown Welland. It was an exciting period of time and, in his opinion, there was an excellent board to guide the decisions. It was able to engage department heads who had the feeling of excitement and desire to make the college a success.

"The first period of organization was, if you look back on it now, like a dream", he said. "You had to dream about what you were going to have. Once started, why, we never stopped growing. I recall the first year we only had 300 students. There was great anticipation of how many would become interested; then, of course, after the first convocation we had evidence of the success of the administration and students."

Mr. Buchanan feels the college has helped the community "in every way. It certainly has indicated that this type of education as sponsored by community colleges is really needed in this area." It provided practical instruction to students in areas that they wished to develop.

"I have always referred to it as instant education," he said. "You could come here with a grade 12 diploma or if you are 18 without a grade 12 diploma and the college would give you academic assistance for this training," he said.

Mr. Buchanan feels the co-operation of industry and business was a great factor in the college's success. He called it "total co-operation".

By DOUG VOLLETT

Dr. Ernest Goldsmith will retire from Niagara College's Board of Governors on Dec. 31 after serving eight years. He was chairman on the committee of Academic Affairs.

Professor Goldsmith began his first term when "Niagara College started from zero, no students and in a very humble way."

The college now has a very large student population he said. The growth "Is largely due to the ability of the staff and the absolute need for a community college."

Professor Goldsmith worked in Montreal for Phillip's Electrical Cables and for Alcan—on systems studies in electrical engineering. After that he was a professor of electronics at Carleton and the Brock University. He retired from Brock last year.

Members of the Board of Governors are elected by provincial and/or municipal government for a maximum of two four-year terms.

Professor Goldsmith will retire to Unionville, Ont.

Dr. Ernest Goldsmith

Make $966

A Book Fair held from Nov. 18 to 22 by library technician students sold $966.23 worth of books. Of the proceeds, $164 will go to the Welland Youth Group Home which provides accommodation for young people experiencing difficulties at home.

"Children's books showed the largest sales in the Book Fair," R.J. Bowman, library technician program co-ordinator, said. "Books, which some students called pornographic, showed low sales throughout the week. They simply did not move."

Children's books, such as The Little Brute Family, 500 Words To Grow On, and Harvest Home sold the most copies. From the adult section, astrology books sold fairly well, Mr. Bowman said.

Students create their own loans

When a retraining student on the Welland campus is in need of money to pay an unexpected expense, he can make an application to his Student Council for a loan.

The loan agency operated and funded by the 135 retraining students provides interest-free loans for the retraining students only. It gives them "somewhere to go if they need money," Charlie Dracup, Student Council chairman, said.

The money available for loans is raised and donated by the students; twice monthly they donate 25 cents towards the "kitty". In addition, regular half-and-half draws are held with profits going to the loan reserve.

Applications for loans are submitted to the Student Council executive which reviews and accepts or rejects the request.

The interest-free loan can be paid back in weekly instalments or any way best suiting the student.

Present chairman of the Student Council is Charlie Dracup; vice-chairman is Jeff Thompson, both steel layout and welding students. Treasurer is Marilyn Wincott, and secretary is Marion Keyon, both commercial students. There are also class representatives from each of the 12 classes.

Retraining students cannot participate in Student Administrative Council (SAC) funded activities or sports because they do not pay the $35 activity fee.

The Council is considering buying a number of seats in SAC for $35, so interested retraining students can participate in SAC-funded activities.

Charlie also acts as grievance representative. When a student has a problem concerning a teacher or a course, Charlie will set up a meeting between the two "to try and get things running smoothly."

Student Council meetings are held every second Monday in Hennepin Hall. J.S.

WISHING
all faculty, students and staff

MERRY CHRISTMAS

Extension Management Committee

HAS SOMEBODY BEEN NICE TO YOU LATELY?

SHERLOCK-HEMLOCK AWARD

Write down the names of those people whose actions have benefited you or others and hand them into Lou Dimattio at Counselling Services.

This ad is sponsored by Counselling Services.

Blasko, Phee lead scoring as Knights beat Fanshawe

Niagara College's basketball Knights overwhelmed Fanshawe Falcons, nearly doubling their score 112-64. Nov. 30, in the college gym.

A solid zone defense by Niagara, stifled Fanshawe's attack early in the game. Though Fanshawe was able to pace Niagara in the first half 32-51, Fanshawe lacked reserves, only dressing seven players to Niagara's eleven. The second half saw Niagara do better by 10 points.

Niagara's offence was helped by sharp passing, playmaking and persistence.

Dave Rose, breaking away down the court with a Falcon in close pursuit, waited until they were both in the Fanshawe key before deking, and passing the ball to George Phee, in the clear, who put it away.

Bob Blasko, the game's top scorer, had the ball deep in the Fanshawe zone and, with inches to work with, managed to get the ball up and in before going out of bounds. Blasko was also 4-4 on his foul shots.

Paul Dixon's persistence paid off in one instance when he managed to get the rebounds back after shooting twice and then putting it away on the third attempt. Dixon had a good first half scoring 10 points and was one of the reasons Niagara was off to a good start early in the game.

Niagara 112
Fanshawe 64

Mention must be made also of George Phee whose talent at hitting the basket from a long way with the accuracy of a professional, crippled any defence pattern Fanshawe could muster. Phee was the second highest scorer of the game with 20 point.

Mike Soucie with 18 points, Paul Dixon and Rick Ludlow each scoring 16, also had good games. K.B.

Knights fail to hold lead, lose 9—3 against Fanshawe

Niagara College hockey Knights failed to hold onto an early 3-0 lead in the first period of their Nov. 30 game against Fanshawe Falcons and lost 9-3.

Niagara came on like gangbusters with hard and persistent forechecking to the point that it earned them a short-handed goal at 12:05 of the first period by Randy Harding for a 1-0 lead.

Two goals near the end of the first, scored by Bob Buckner and Bob Tysen, came 26 seconds apart and further attested to Niagara's vitality in the first period.

Unfortunately, that was the last of the scoring for Niagara for the rest of the game.

The Knights still hit much more than in previous games but some hefty checks resulted in penalties which aided Fanshawe's catch-up bid.

Two power play goals by Fanshawe helped in putting the Falcons in a 4-3 lead by the end of the second period.

Niagara played short-handed for most of the last period.

A new OHA rule levied against Niagara crippled the Knights' comeback chances for five minutes halfway through the third period.

Darte Miller was charged with highsticking and under the new rule it is an automatic five-minute penalty, blood or no blood. And if the team is scored upon, the penalized player must stay in.

Fanshawe scored two goals during Miller's penalty and then Bob Buckner got two minutes for tripping which gave Fanshawe a two-man advantage for a minute and extended Fanshawe's power play, which resulted in the final goal.

A new player for the Knights, Rick Michowiz, will provide needed strength on defence and was one of the reasons the game was such a hard-hitting one.

The next home game for the hockey Knights is Dec. 14 when they host Sheridan at the Welland Arena on King Street at 8.15 p.m.

SPORTS

Ski Club Teacher

In preparation for its upcoming ski trip Dec. 9-12, the Ski Club had Art Schreiner of the Fonthill Ski Centre offer basic fundamentals of skiing to the group.

Mr. Schreiner did not want to get into his background as a professional skier, because "that was too long ago."

His knowledge of skiing though is indicative of his many years of experience in the sport.

He explained the importance of making sure the equipment a skier chooses suits the skier.

"I refuse to teach people who have equipment not right for them. It makes me look like a fool, and the beginner will get off on the wrong track and will never want to ski again. It's important that you have the right stuff."

He also showed different exercises to limber up the body before skiing.

Keeping a sitting position, back against the wall, without a chair, strengthens the thigh muscles which are important in skiing. Running sideways on slopes and walking with ankles bent strengthen the ankles.

Mr. Schreiner is a certified ski instructor and operates the Fonthill Ski Centre on Lookout Point and the Ski Pro Shop, Geneva Stret, St. Catharines.

Frostbite

A slight numbness of toes, fingers or cheeks followed by a tingling sensation after they have been rewarmed is called "frostnip". It can be easily treated by rewarming the frozen area with a warm part of the body or rubbing it.

"Frostbite" is when the flesh is frozen hard on the surface, and it can cause serious damage to the affected tissue. If the frostbite is deep, the flesh beneath the surgace may be frozen solid to. The flesh cannot even be depressed—it is as solid as wood.

Gone are the ideas that rubbing the frostbitten area with snow or immersing it in cool water are good treatments. Medical men now warn that a frozen part should never be rubbed before, during or after rewarming, and never rubbed with snow or thawed with cold water.

A frozen part of the body should never be exposed to an open fire, really hot water (more than 112 degrees), or any other form of heat. Very quick thawing causes terrible pain and could seriously damage skin tissue.

The frostbitten area should be rewarmed in water heated to between 108 and 112 degrees Fahrenheit. The water temperature should never change. Rewarming should take about 20 minutes in most cases.

After rewarming, the frozen part should not be maintained above body temperature and often should be covered with a loose, soft dressing. The patient should be taken to a doctor or hospital as soon as possible after rewarming.

First Christmas card in 1843

Many people see Christmas card-giving as a burden rather than a joy although about two billion are mailed every Christmas.

The first Christmas card was designed in 1843 by John Calliott Hosley on the orders of Sir Henry Cole, a leading figure in the Society of Arts. One thousand copies were sold for a shilling each.

Greeting cards were not produced commercially until 20 years later. Many of these cards with sentimental scenes are still seen today.

The Hind Quarter

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Two former JA students travel to Sweden with Port team

Two former Niagara College journalism students will travel to Sweden with the Port Colborne Bantam All-star hockey team on Boxing Day, Dec. 26.

Rob Paxton, sports writer and photographer for the Port Colborne bureau of the Evening Tribune, and Werner Bergen, editorial writer for the Port Colborne News, will be with the team for its 12-day excursion

Team Port Colborne (TPC) will be playing six teams south ofStockholm Mr. Paxton said. TPC consists of 17 players whose ages are 14 and 15 years old.

The Ontario Minor Hockey Association (OMHA) has arranged the trip as well as others in previous years,Mr. Paxton said, with the purpose of comparing hockey techniques such as training and playing.

The two reporters will phone back progress reports which will be recorded at the Port Colborne bureau.

"The trip will give me a chance to go to another country and to see other people," Mr. Paxton said. "It will be good for the players because they'll be able to see another country's culture." He said he has requests to bring back a couple of of Volvos and blondes.

Mr. Paxton said the team will be playing under international rules as did the Welland Juvenile all-star team last year.

"In my opinion the Russia-Canada series had a lot to do with these games taking place," Mr. Paxton said. "But the main goal is to win the all Ontario championship."

Mr. Paxton's and Mr. Bergen's airfare will be paid for by Scandinavian Air System and Mr. Paxton said he hoped hotel accommodations will be paid for.

"The kids are paying for the trip from the money they raised in eight draws, from button and pen sales, and paper drives." The city gave the teams a grant.

A Swedish team will play the Port Colborne team in 1975 and other teams in Toronto, Hamilton and Brantford.

TPC will need approxiamtely $20,000, said Mr. Paxton, for on and off-ice uniforms, airfare, hotel accommodations and food, The players will be billeted in Swedish homes.

The team has been practicing since August and has played four regulation games with a one-goal-against average. A fairwell party will be held Dec. 13 for the team.

When Mr. Paxton returns he will be writing two feature stories on the trip as a whole and is hoping for a full-page for pictures.

The team will be in Sweden for New Years, which Mr. Paxton said is celebrated differently there. The eve is spent quietly at home with the family.

"I think we'll show them the way Canadians celebrate it."

Pub prices up

Admission to Niagara College weekly pubs has gone up 25 cents for students and guests. Niagara students will pay 50 cents and guests will be charged $1.25.

Because cost of bands has increased and there is an expected rise in the price of beer and liquor, the Student Administrative Council (SAC) decided to increase admission prices.

Cost of drinks and beer will remain the same.

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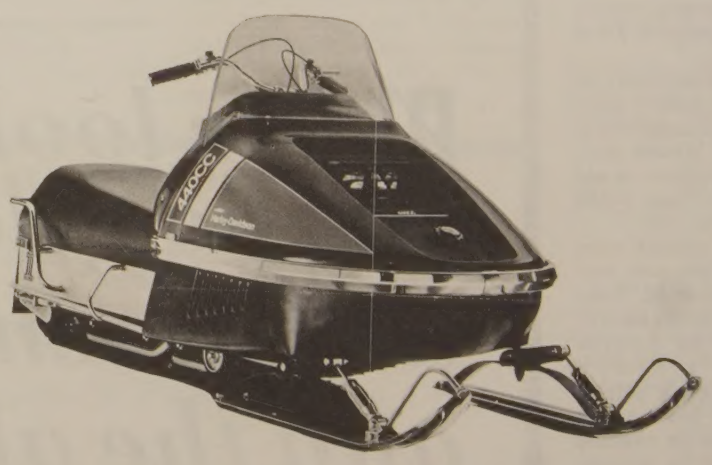

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Tight finances

[cont'd from pg. 3]

following year if no changes were made.

Asked what the criteria would be for dropping courses, Mr. Manera said, "We hope we won't reach the stage where we have to make that kind of decision."

It would depend on how bad the situation was. The number of students registered in a course would be a factor.

"You might say if a course drops below five—we have some. Or, if the situation got worse, you might say less than 10."

He stressed that other factors than numbers would have to be taken into account, such as whether Niagara was the only college offering the course or whether it was available at a neighboring college.

He was asked about the possibility of faculty lay-offs.

"We have not had a lay-off of staff for about three years now and I would hope that we could continue that policy. If it should turn out that there had to be a reduction of staff--that that was the only way out--we'd try to achieve this reduction through attrition if at all possible.

"Any discussion of staff reduction is a very remote topic of discussion at this point in time."

Mr. Manera said salaries constitute about 80 per cent of the Niagara budget. The other 20 per cent is for no-salary costs such as supplies and utilities. Salary increases across the college were projected at 12 per cent; but non-salary costs were rising at a rate at least as great as salaries and maybe even greater.

"If you take the most optimistic interpretation of only a 12 per cent increase, and we receive a 15 per cent increase in grants, then the increase is just the difference between the two."

He said increases to faculty were not determined by the college but were negotiated provincially; "they will be paid whether the government gives us enough money to do it or not."

Mr. Manera said he did not understand Option 2 which said, "A system whereby one BIU (basic income unit) would be applied to 1973-74 enrolment to compensate for inflation and a lesser BIU value would be applied to enrolment growth in the current year."

He thought this provided some allowance for enrolment growth.

Option 3 recommended a suspension of the operating grants formula and a flat increase operating grant to each college.

"This would be the most favorable option from a financial point of view, but it would create a disincentive to college growth," Mr. Manera said. "There would be no incentive to add new programs because there would be no funding for them."

Stressing that he needed more clarification from government representatives to understand these options fully, he said "on the basis of pure speculation," he favored Option 3 "because I think it guarantees the college a certain degree of increase in funds and it will allow us to grow in existing programs, though not in starting new programs."

But the other two options did not seem to allow for starting new programs either.

Mr. Manera attended a meeting in Toronto Dec. 2 to discuss the government proposals and expected a decision on which option would be chosen by January.

Cost of Christmas

[cont'd from pg. 3]

A star on the top of the tree can be made from styrofoam sprayed with silver paint.

These decorations not only look pretty but taste good, too. A homemade touch at Christmastime adds to the festive spirit of the season.

For decorations in the house, wreaths can be created with green plastic bags. Shape a coathanger into a circle and tie the strips of green plastic around the hanger so it is full. Decorate it with a piece of holly, or a cluster of nuts and some ribbon.

Hang clusters of evergreen boughs around the house and tie some red ribbon around them for color. Place a piece of holly on house plants or in windows or fruit bowls. Anything red or green combined will look festive.

Gifts can be wrapped with inexpensive tissue paper and decorated with candy canes, lollipops, or rows of cellophane-wrapped bubble gum in place of ribbons and bows. It also adds a personal touch to presents.

Homemade Decorations

Christmas tree, natural	$ 5.00
Stand, bucket with rock and water	.00
20 miniature lights	1.77
icicles, tinsel	.70
popcorn	.50
½ lb. jujubes	.50
candy canes for tree ornaments, gifts	.79
cookies, glazed and colored (supplies in the house)	.00
silver spray paint	.80
pine cones	.00
total	$ 10.06

Home Decorations — Hand-made

wreaths, from plastic garbage bags	$ 1.00
Christmas tree boughs in clusters	.00
wrapping paper, colored tissue paper	1.00
lollipops for presents	.50
rows of cellophane-wrapped bubble gum	.50
total	$ 3.00
Total cost of natural tree, homemade ornaments and decorations	$ 13.06

A warm, festive spirit is created easily when decorations are homemade. It's cheaper and more fun than battling the last minute Christmas rush. There is a more personalized cosy feeling in a home brimming with hand-made ornaments and decorations.

MODEL MARKET 'FLOODED'

TORONTO — Models in metropolitan Toronto say they are forming an organization to fight what they describe as a flood of high-price models from the United States. "We have all kinds of beautiful, bright talent right here," one model said.

The models are also protesting higher rates paid to U.S. models. They want the hourly rate increased to $45 from $40.

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Knowing ships is part of Henry's job

By KEN BLAY

Like an elevator operator, Henry Cossette has a job with its ups and downs. But he does not run an elevator or pilot a plane. He operates Bridge 5 over the Welland Canal on Glendale Avenue in St. Catharines.

Mr. Cossette is quick to point out that operating the 700-ton bridge is no small task. The operator must be constantly alert. He must know the intentions of the boat coming towards the bridge as well as the status of ships entering or leaving the locks north and south of his position.

Knowing the name and country of a ship passing his position is part of the job. It is all recorded by the bridgeman.

"Boats from all countries are number-coded", Mr. Cossette said. "Numbers 30 to 36 are communist country boats and the number 10 indicates Canadian ships."

When the bridge reaches its full height of 113 feet to allow a ship to pass beneath, Mr. Cossette can look north out across Lake Ontario and see the Toronto skyline on a clear day. At night he sees the Skylon and Panasonic towers in Niagara Falls. Being up so high also provides a good vantage point to view the canal.

Henry Cossette

FLASHING LIGHTS

Flashing lights along the canal's length play a major role when sending ships through the waterway. Green, amber, red and white lights act as guides for the boat pilots and lock and bridge operators.

A downbound Russian freighter leaving Lock 4, heading for Lock 3, was notified by radio that there were no upbound boats heading for Lock 3. When the laker already in the lock was cleared, the water level would be raised so the freighter could enter.

Mr. Cossette said the flashing red lights above Lock 3 indicated to him and the ship's pilot that the lock would be filled when the laker cleared the gates. White lights on the board above the lock tell the pilot how many minutes it will take to fill the lock and when the amber lights flash the ship will be cleared to enter.

He said the Russian ship could either wait before passing under the bridge or go through and tie up at the wall and wait for the lock to fill.

"It's harder to wait at the Lock 4 exit because the ship's pilot has to keep the boat steady and not go past the signals at the lock's base," he said."The signals alert the pilot when he can move his ship towards the next lock. If the signal flashes red he cannot take the ship past that point."

CONTROLS LIGHTS

Before the bridge can be raised, traffic moving across it must be halted. From his building above the bridge he can control the traffic lights to stop movement over the bridge. A siren sounds and a minute later the gates come down to stop traffic and the bridge goes up.

Mr Cossette said drivers, especially GM workers leaving or going to the plant across the canal, become annoyed when the bridge goes up because it appears there is enough distance between the boat and bridge to let a few more cars go through.

He said the bridge needs time to rise in case anything goes wrong. If the bridge can't make it up the ship has time to stop. Each time the bridge does go up, the amount of power used and the length of time it was up must be recorded.

The two 240-ton cement weights along with four big chains counter the bridge's weight so it can climb the 113 feet.

The job does present problems. The strangest problem Mr. Cossette said he faces is writing the names of the boats in his log book. Some ships especially the Russians, have names a mile long, he said.

Laughing, he added, "If I can't pronounce them, how am I supposed to write them down?"

LITTLE CLEARANCE

Mr. Cossette mentioned canal problems other workers face. He said the pilot has a particularly hard job because he has to squeeze that ship into the lock and sometimes having only a two-foot clearance on either side of the lock wall can make the squeeze quite tight.

The pilot, he said, must take it slowly when leaving the locks. If the engine is turned too fast, the ship will not move. This is because the water pushed against the rear gate goes underneath the ship and comes up at the bow pushing the ship back.

Bridge 5 over the Welland Canal (Photo by Ken Blay)

The lock can also assist the boat in leaving. At the single locks, such as Lock 3, the water used comes from the canal above the lock. When the boat is ready to leave the lock operator can open a valve to bring in more water. This extra surge or water pushed the boat out.

"It is called a flush out or hydraulic assist," Mr. Cossette said.

This can only be done in a single lock. He said twin locks use water from other locks and a flush out cannot be done.

The bridge operator is probably one of the most hated men on the canal. Ask any GM worker waiting for the bridge while on his way home from the factory after working eight hours.

Henry Cossette might possibly agree that he is not up for the personality of the year award but with a "high-up" position such as his, why should he worry?

IEEE club made official

The Niagara College student chapter of the Institute of Electronic and Electrical Engineers (IEEE) was officially recognized as a club at its first meeting when it was presented with a charter in Hamilton Room on Nov. 26.

Dr. George Sinclair, president of the IEEE of Canada, and George Armitage, manager of IEEE's Thornhill office attended the ceremony.

Before the charter presentation, Dr. Sinclair gave a slide presentation on his trip to China two years ago to observe use of acupuncture in surgery.

The slides showed people undergoing serious surgery while totally conscious and experiencing no pain.

In one slide, a 21-year-old girl was shown having a cyst the size of a pineapple removed. Dr. Sinclair said when the operation was taking place, she was munching on an apple.

George Armitage presented John Schmidt, student chairman of the college IEEE branch with the charter at the end of the slide show.

The charter does not allow the student IEEE to do anything it could not do before.

"It was just a formal recogniti0n", said Mr. Schmidt.

After the presentation in the Hamilton Room, the meeting moved to the faculty lounge in the Tecumseh Centre for wine and cheese.

Shovel winter snow , but don't overdo it

With the holidays almost here Canadians will soon be straining their flabby bodies and wondering why they are so stiff.

So, if people have not been overly active lately, they should start with a 10 or 15 minute daily walk. Then they are ready to delve into more strenuous activites such as skiing, skating, tobagganing and the ever unpopular shoveling.

People 50 or older should check with a doctor before any strenuous exercise. Sufferers of respiratory of circulary diseases must be careful in winter because cold air aggravate these conditions.

Shoveling snow can be a strain on unconditioned back and arm. Take small shovels full with frequent pauses. Wet snow is heavy so it is better to bend at the knees and take the strain off the back.

While skiing or tobagganing keep an eye on other people on the same slope, especially beginners who cannot manoeuvre as well.

Use only slopes which may have no hidden objects such as stones, tree stumps or partially covered fences. Make sure slopes do not run onto roads or sidewalks.

All skiers who are not experts should never ski alone; should avoid steep slopes, hazardous jumps and rocky area; stop before becoming exhausted and only ski in supervised and controlled areas.

After everyone is limbered up and starting to get into shape, for the first time in years, it will be time to go back to school and get fat again until the summer.

LARGE ISLAND

Manitoulin Island in Lake Huron is probably the world's largest fresh-water island. It is 90 miles long and five to 30 miles wide, and covers 1,068 square miles.

MANY TOURISTS

About 18,000,000 tourists visit Ontario every year.

Customs of giving gifts

Everyone enjoys receiving gifts but it is something special to give and receive a gift from a close friend of relative on Dec. 25, Christmas Day.

Gift-exchanging is a Roman custom which was carried out on New Year's Day and consisted of giving sweet pastry, lamps, precious stones and gold and silver coins as tokens of good wishes for a happy new year.

In Canada, gift-giving is a combination of two European customs. The first is Saint Nicholaus who put small gifts in the stockings of young and old, and the second is the actual Christmas presents which children believed the child Jesus brought on Dec. 25 and placed beneath the tree.

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We sincerely wish all of you a very happy holiday!